

CITY OF HAPPY VALLEY

# Parks & Recreation

ACTIVITIES GUIDE

*Spring 2024*

**Your guide to spring fun in Happy Valley!**



CITY OF HAPPY VALLEY  
**PARKS & RECREATION**



## March - May Spring 2024 Parks and Recreation Programming

To register for one of these featured programs with our team or one of our recreation partners, be sure to check out [www.happyvalleyor.gov/parks](http://www.happyvalleyor.gov/parks) or scan the QR code with your smart device.



### Excursions



#### Field Trip Fridays

Meeting location: Happy Valley City Hall

Enjoy a new experience and leave the driving to us! Hop on the RecMobile to enjoy an afternoon exploring a handful of Oregon's social, educational, and inspiring gathering spots, all while getting to know members of your community! Spots are limited. To check out featured field trips, visit: [www.happyvalleyor.gov/parks](http://www.happyvalleyor.gov/parks)



#### OREGON COAST AQUARIUM DAY TRIP

Mar. 15, 8 a.m.-5 p.m.

Friday • Ages 18+

**\$36-Resident / \$52-Non-Resident**

While visiting the Oregon Coast Aquarium we'll journey from seafloor to shore! Shake hands with a moon jelly, hug an urchin, and get splashed by a puffin! The Aquarium is home to some of Oregon's most unique wildlife and experiences. Afterwards

we will head to Rogue Bayfront Public House for delicious lunch and beverages amidst beautiful views of the bay.



#### OREGON GARDENS

Apr. 19, 9 a.m.-2:30 p.m.

Friday • Ages 18+

**\$15-Resident / \$22.50-Non-Resident**

Join us as we tour the 80-acre botanical garden, featuring more than 20 specialty gardens. Afterwards we will head to the beautiful quaint town of Silverton to the historic Mac's Place for delicious lunch and beverages, complete with a view of Silver Creek

on the outdoor heated deck.



#### WAHKEENA WATERFALL LOOP

Apr. 5, 9 a.m.-4 p.m.

Friday • Ages 18+

**\$15-Resident / \$22.50-Non-Resident**

Enjoy breathtaking views on this beautiful scenic hike that starts at the Wahkeena Falls Trailhead. This popular loop is a waterfall lover's paradise with FIVE official waterfalls and countless other water features. Bring a lunch or save your appetite for our stop

at Sugarpine Drive-In before we head back to town. This cute spot serves up delicious, unique sandwiches, salads, and soft-serve sundaes. \*This hike is considered a moderate/difficult route and is recommended for experienced hikers.



#### WILDFLOWER HIKE

May 10, 8:30 a.m.-3:30 p.m.

Friday • Ages 18+

**\$15-Resident / \$22.50-Non-Resident**

The Tom McCall Point Trail offers exceptional views of the Columbia Gorge as well as Mount Adams and Mount Hood. When the spring wildflowers are in bloom, a paved overlook near the top of the high bluffs offers one of the most stunning vistas

in the Gorge! Wildflowers like lupine, paint brush, fox glove, wild rose, and arrow root create a wonderful photo op. Bring a lunch or save your appetite for our pit stop at Ferment Brewing in Hood River on the way back to town.



#### Owl Prowl

Event held at Scouters Mountain Nature Park - 11000 SE Honorable Wy.

#### OWL PROWL

Mar. 14, 7 p.m.-8:30 p.m.

Thursday • Ages 10+

**FREE \*Registration Required.**

As the sun sets over Scouters Mountain at dusk, join us for an Owl Prowl with naturalist, Elaine Murphy. Learn about the different kinds of owls found in the area and how to identify them. \*Minors must be accompanied by a registered adult.



#### Bird Walks

#### BACKYARD BIRD SHOP SPRING WALKS

Apr. 11, 10 a.m.-noon

Scouter's Mountain Nature Park - Thursday

May 11, 8 a.m.-10 a.m.

Mt. Talbert Nature Park - Saturday

Ages 10+

**FREE \*Registration Required.**

Join Backyard Bird Shop in celebrating Spring with our feathered friends on a guided trail walk with naturalist Elaine Murphy. Learn how to discover local wildlife using both sight and sounds. \*Minors must be accompanied by a registered adult.



#### Get out and Move!

[www.hvhikers.com](http://www.hvhikers.com)

HV Hikers are always on the move exploring within the valley! Their goal is to encourage you to experience the beauty of the area, to get a little exercise, and to make new friends. All hikes are free, no RSVP required. Be sure to visit the HV Hikers newly updated webpage for a calendar view of all upcoming group hikes.



### Enrichment Classes and Activities



#### Engineering for Kids

All classes will be held in the HV Annex - 12915 SE King Rd.



#### INDUSTRIAL ENGINEERING - A-LINE PRODUCTIONS

Mar. 5 - Apr. 9, 3 p.m.-4:30 p.m.

Tuesday • Ages 7-12

**\$187.50**

During the Industrial Engineering classes, students use the Engineering Design Process to design, create, test, and refine efficient systems for production. Students explore foundational

concepts of industrial engineering such as assembly lines, safety, stamping, sorting, and distributing materials. Students see just how fun and creative industrial engineering can be as they create their ice cream factory and 3-D copies of designs.



#### ORBITERS AND LANDERS (AEROSPACE ENGINEERING)

Apr. 16 - May. 14, 3 p.m.-4:30 p.m.

Wednesday • Ages 7-12

**\$187.50**

During this class, students will take a comprehensive look at NASA's landers and orbiters that are currently conducting important research on Mars. Examine their anatomy and gain a deeper understanding of how they assist in the work of NASA's scientists and engineers. Each class will use the EFK's Engineering Design Process to engage in exciting, hands-on STEM challenges with real-world connections to NASA and aerospace engineering.





# Enrichment Classes and Activities



## The Y Enrichment Classes

Location: HV Annex – 12915 SE King Rd.



### STOP MOTION ANIMATION

Apr. 17 - May 22, 3:30 p.m.-5:30 p.m.  
Wednesday • K – 5th Grade

**\$198**

Animation is not only fun to watch, but also create! With stop motion animation, everything around you can come alive. In this class, we'll explore the basics and work together to develop stories, build props and characters, animate them, and craft our

very own animated short film.



### LEGO ENGINEERING CORE CONCEPTS

Apr. 18 - May 23, 3:30 p.m.-5:30 p.m.  
Thursday • K – 5th Grade

**\$198**

Using Legos, this class helps teach the kids about motors, pulleys, gears, and the science of building machines and toys. These Lego engineering classes use battery-powered motors to make moving projects.



# Community Activities



## International Day of Happiness



Mar. 20 • Wednesday

### Family Friendly Event

**SAVE THE DATE!** Help us celebrate International Day of Happiness. \*Event details coming soon! Follow us at: [www.happyvalleyor.gov/parks](http://www.happyvalleyor.gov/parks) for more info.



## Spring Break Activities

See Activity Guide for event locations.

Mar. 25 – Mar. 29 • Monday – Friday

Throughout the week, kids and families can meet up with either the Parks and Rec. crew or the Library staff for a themed activity. The line-up ensures different experiences each day, keeping things fresh and accommodating to many family schedules. From Lego building and interactive science activities, to soccer, nature crafts, and puzzles, there is something for everyone. See below for the calendar of events!



## My Gym in The Park!

All classes held at Happy Valley Park.

### EGGSTRAVAGANZA 2024

Mar. 23, 10 a.m.-1 p.m.

Saturday • Ages 6 months to 10 years  
**\$20**

Join My Gym in the park for their annual Eggstravaganza! This intimate event will feature spring-themed songs, dances, relays, games, and puppets, finished off with an egg hunt! All eggs will be pre-filled with non-food items. **Bags will be provided, but you are welcome to bring your own basket.**

Register for a 30-minute time slot to guarantee your space. Walk-ins will not be accepted due to very limited capacity. The event will be held at the Happy Valley Park gazebo.

Time Slots:

10:00 a.m. - 10:30am • 10:45 a.m. – 11:15am

11:30 a.m. – noon • 12:15 p.m. – 12:45 p.m.

Learn more about My Gym and their partnership with Parks and Rec in this insert.



ALL ACTIVITIES ARE FREE! ♦ DETAILS ONLINE: [WWW.HAPPYVALLEYOR.GOV/PARKS](http://WWW.HAPPYVALLEYOR.GOV/PARKS)

## MONDAY: 3/25

### PARKS & RECREATION

#### PLEASANT VALLEY PARK:

- RECMOBILE GAMES  
ALL AGES  
1PM - 3PM
- KIDOKINETICS - AGES 3-5YRS

### HV LIBRARY

#### HV LIBRARY:

- SUPER SMASH BROS  
TOURNAMENT  
AGES 10+  
3PM - 4:30PM

## TUESDAY: 3/26

### PARKS & RECREATION

### HV LIBRARY

- HV LIBRARY:  
• BOOKMARKS & BUTTONS!  
ALL AGES  
10:15AM - 11:45AM

## WEDNESDAY: 3/27

### PARKS & RECREATION

- MEET @ HV LIBRARY:  
• HIKE W/ HV HIKERS -  
PIONEER PARK  
ALL AGES  
2PM - 3PM

### HV LIBRARY

- HV LIBRARY:  
• WALL DECOR  
AGES 10+  
3PM - 4:30PM  
\*REGISTRATION REQUIRED  
[GO.LINCC.ORG/HVSIGNUP](http://GO.LINCC.ORG/HVSIGNUP)



## THURSDAY: 3/28

### PARKS & RECREATION

### HV LIBRARY

#### VILLAGE GREEN PARK:

- SOCCER SHOTS - AGES 2-8YRS  
1PM - 3PM
- RECMOBILE GAMES - ALL AGES  
1PM - 3PM

#### HV LIBRARY:

- PUZZLES  
ALL AGES  
10:00AM - NOON

## FRIDAY: 3/29

### PARKS & RECREATION

### HV LIBRARY

- HIDDEN FALLS NATURE  
PARK:  
• SCAVENGER HUNT  
ALL AGES  
1PM - 3PM

#### HV LIBRARY:

- LEGOS -  
K-5TH GRADE  
10:30AM - NOON

To register for one of these featured programs, be sure to check out [www.happyvalleyor.gov/parks](http://www.happyvalleyor.gov/parks)

# Health and Wellness



## Pet First Aid / CPR Class

Class held at Happy Valley Park – 13770 SE Ridgcrest Rd.



### PET FIRST AID & CPR CLASS

May 21, 5 p.m.- 8 p.m.  
Wednesday • Ages 18+  
**\$90**

Dogs are NOT permitted to attend, but participants are encouraged to bring stuffed animals for the hands-on portion of class. Learn basic first aid and how to perform CPR should your dog ever have an emergency. Each participant will receive a pet first aid pocket-sized handbook to take home.



## Providence Basecamp Prevention + Wellness

Classes held virtually

Affiliated with Providence Heart Institute, Providence's Basecamp Prevention + Wellness programs offer free movement and education classes so that everyone can live their best, healthiest lives. Take the next step and register for FREE today!



### TAI CHI: MOVING FOR BETTER BALANCE (BEGINNERS)

Tuesday/Thursdays, 8:30 a.m.-9:30 a.m.  
**FREE**

This introductory class welcomes those wishing to learn the initial forms of the Tai Chi practice with a desire to gain confidence, stability, strength, and mobility in a fun and supportive environment. [www.welcometobasecamp.org/taichibeginners](http://www.welcometobasecamp.org/taichibeginners)



### TAI CHI: MOVING FOR BETTER BALANCE (ADVANCED)

Tuesdays/Thursdays, 9:30 a.m.-10:30 a.m.  
**FREE**

Participants will build upon their knowledge from our Tai Chi Beginners class and continue to gain confidence, stability, strength, and mobility in a fun and supportive environment. [www.welcometobasecamp.org/taichi](http://www.welcometobasecamp.org/taichi)



### CHAIR YOGA

Tuesdays/Thursdays 9:30 a.m.-10:30 a.m.  
**FREE**

A wonderful chair-based yoga practice for those who prefer to stretch and move their bodies while staying off the floor. Classes combine gentle movement and intentional breath in both seated and standing poses. [www.welcometobasecamp.org/chairyoga](http://www.welcometobasecamp.org/chairyoga)



### GENTLE YOGA

Mondays/Wednesdays/Fridays, 9 a.m.-10 a.m.  
**FREE**

The practice of gentle yoga combines mindful movement and breath with standing, seated, and restful floor-based practices to nourish the body, mind, and heart. [www.welcometobasecamp.org/gentleyogaonline](http://www.welcometobasecamp.org/gentleyogaonline)



## Health & Wellness Classes

Classes are held at Happy Valley City Hall.



### NUTRITION FOR HEALTH – WITH NATURAL GROCERS

6 p.m. - 7 p.m. • Thursday • Ages 18+  
Looking to experience more mental clarity, healthy energy levels, a healthy body composition, a positive mood, digestive health, skin health, and more? Join the upcoming health series where each class delves into a new topic and provides a healthy challenge to implement. Visit [happyvalleyor.gov/parks](http://happyvalleyor.gov/parks) for class descriptions.

Mar. 28, Nutrition for Health: Eat for Your Health (and the Planet's Health)

Apr. 25, Nutrition for Health: Kick Sugar Cravings

May. 30, Nutrition for Health: Detoxify Your Life

**FREE \*Registration Required**



## HealthyU Nutrition

Classes are held at the Sunnyside Grange - 13130 SE Sunnyside Rd.

### COOKING IN A DASH!

Apr. 29 – May 20,  
6 p.m.-7:30 p.m.  
Monday • Ages 18+

**FREE \*registration required**

Sponsored by Happy Valley

Parks and Recreation Foundation

Gain cooking skills and a better understanding of eating for health and wellness in this nutrition and food demonstration class series. DASH (Dietary Approaches to Stop Hypertension) is an eating pattern that promotes overall health and wellness, as well as supports the management of several chronic health conditions. *\*This course will not be allergen friendly. Wheat may be used or cross-contamination with wheat will be likely. Eggs, dairy, and nuts may be used as well.*



## First Aid/CPR/AED Training

Classes held at Happy Valley City Hall.



### FIRST AID/CPR/AED TRAINING

May 17, 9 a.m.-2:30 p.m. (Non-School Day)  
Friday • Ages 15+

**Resident \$70 / Non-Resident \$105**

Our in-person CPR/First Aid Training course combines lectures with hands-on skills sessions. Students will learn how to recognize and care for a variety of first aid emergencies and how to respond to breathing and cardiac emergencies. *\*Scholarships available through the Happy Valley Parks Foundation: [www.hvprf.org](http://www.hvprf.org)*



## Babysitter Training

Classes held at Happy Valley City Hall.



### BABYSITTER TRAINING

Apr. 12, 9:30 a.m.-4 p.m.  
Friday • Ages 10 – 16

**Resident \$50 / Non-Resident \$75**

Our in-person babysitter classes give you access to the latest information on childcare, offer tips, and can answer all your questions so that you're ready to start your own babysitting business. With lectures and class activities, these courses are engaging, informative and fun. Topics covered include: Basic Care for Infants and Children, Basic First Aid, Child Behavior, Age-Appropriate Activities, Emergency Protocols, Professionalism, Leadership, and Growing Your Business. *\*Scholarships available through the Happy Valley Parks Foundation: [www.hvprf.org](http://www.hvprf.org)*

# Art Classes



## Venvino Art Studios – In-Studio Classes

Location: Venvino Art Studios - 13329 SE Misty Drive.



### CREATE AND LEARN SERIES – ACRYLIC PAINTING HOW TO PAINT FLOWERS

Mar. 1, 6 p.m.-7:30 p.m.  
Friday • Ages 16+

**\$25/ 1.5hour session**

Learn the basics of using acrylic paints, brushes, and techniques for creating a beautiful painting of flowers in a vase. Each registration includes your 1.5-hour lesson and an 8" x 10" canvas panel.



### CREATE AND LEARN SERIES – ACRYLIC PAINTING HOW TO PAINT OCEAN WAVES

Apr. 5, 6 p.m.-7:30 p.m.  
Friday • Ages 16+

**\$25/ 1.5hour session**

The dynamic and ever-changing nature of waves on canvas involves understanding the interplay of light, color, and motion. Learn this and the basics of using acrylic paints, brushes, and techniques for creating hypnotic waves. Each registration includes your 1.5-hour lesson and an 8" X 10" canvas panel.







## CREATE AND LEARN SERIES – ACRYLIC PAINTING HOW TO PAINT WILDFLOWERS

May 3, 6 p.m.-7:30 p.m.

Friday • Ages 16+

**\$25/ 1.5hour session**

Wildflowers provide an endless source of inspiration. Immerse yourself in the intricate details of petals, stems, and the unique characteristics that make each wildflower a living work of art. Each

registration includes your 1.5-hour lesson and an 8" x 10" canvas panel.



## Birdy Bungalow Build

Event held at Scouters Mountain Nature Park - 11000 SE Honorable Wy.



## BIRDY BUNGALOW BUILD

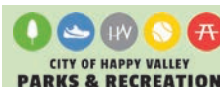
May 24, 11 a.m.-1:30 p.m.

Friday • All Ages

**\$20**

Let your imagination run wild as you build and decorate your very own birdhouse and learn about the species of birds that call Happy Valley home. Children 8 years old and younger FREE with a registered adult, and will get to decorate their own craft birdhouse.

\*Minors must be accompanied by a registered adult.



## Chinese Calligraphy Classes

All classes will be held in the HV Annex – 12915 SE King Rd.

## INTRODUCTION TO CHINESE CALLIGRAPHY

Apr. 10 – May 29, 7 p.m.-9 p.m.

Wednesday • Ages 18+

**\$225**

Immerse yourself in the exquisite world of Chinese Calligraphy with experienced instructor Terri Hsing. Her artwork has been shown at Yuan Ru Art Center in Bellevue, Washington as well as at Lan Su Chinese Garden in downtown Portland. This 8-week series will introduce you to the fundamentals of this ancient art form and delve into the intricacies of six different scripts. All materials provided.



## Sports



## Soccer Shots Clinics

See registration pages for program locations.



### SOCCER-MINI

Saturday: Mar. 16 – May 18, 4:50 p.m.-5:20 p.m.

Thursday: Mar. 21 – May 23, 3:45 p.m.-4:15 p.m.

Ages 2-3

**\$205**

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling and the basic rules of the game. Through fun games, songs and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

### SOCCER-CLASSIC

Saturday: Mar. 16 – May. 18, 4 p.m.-4:35 p.m. Ages 3-4

Thursday: Mar. 21 – May. 23, 4:30 p.m.-5:05 p.m. Ages 3-4

Thursday: Mar. 21 – May. 23, 5:20 p.m.-5:55 p.m. Ages 4-5

**\$215**

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. We also highlight positive character traits each session such as respect, teamwork, and appreciation.



### SOCCER-PREMIER

Mar. 16 – May 18

Ages 5-6: 3 p.m.-3:45 p.m.

Ages 6-7: 2 p.m.-2:45 p.m.

Saturday

**\$215**

Soccer Shots Premier focuses on individual skill, fitness, and sportsmanship, providing an opportunity for children to be challenged through fun games and team interaction. Children will also be introduced to competition in a developmentally appropriate manner.



## Skyhawks Sports Camps

See program details online for class/camp location.

### MINI-HAWK CAMP (BASEBALL, BASKETBALL & SOCCER)

Mar. 25 – Mar. 29 9 a.m.-noon

Ages 4-6

**\$165**

Learn a variety of sports in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. \*Camp will be held at Pleasant Valley Village Park



### MULTI-SPORT CAMP (BASEBALL, BASKETBALL & SOCCER)

Mar. 25 – Mar. 29 9 a.m.- noon • Ages 6-12

**\$165**

This program is designed to introduce athletes to a variety of different sports in one setting. Here, we combine baseball and basketball into a series of clinics where athletes learn the rules and essential skills of each sport along with vital life lessons such as respect and teamwork. \*Camp will be held at Pleasant Valley Village Park - 16710 SE Pleasant Valley Pkwy.

### SOCCERTOTS (CUBS)

Apr. 13 – May 18, 9 a.m.-9:30 a.m. • Ages 3-4

**\$99**

Playable on almost any surface, these soccer-themed motor skill classes are very easy for youngsters to get into. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun!

### SOCCERTOTS (BEARS)

Apr. 13 – May 18, 9:40 a.m.-10:10 a.m. • Saturday • Ages 4-5

**\$99**

Little ones will enjoy soccer-themed motor skill classes that focus on developing motor skills and self-confidence. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun!

### MINI-HAWK (BASKETBALL & SOCCER)

Apr. 13 – May 18, 10:20 a.m.-11:05 a.m. • Saturday • Ages 5-7

**\$99**

This multi-sport program was developed to give children a positive first step into athletics. Basketball, and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

### OUTDOOR BASKETBALL

Apr. 13 – May 18, 11:15 a.m.-12:10 p.m. • Saturday • Ages 8-12

**\$99**

Participants will learn the fundamentals of passing, shooting, ball handling, rebounding, and defense through skill-based instruction and small-sided scrimmages.

### HOOPSTER TOTS

Apr. 13 – May 18, 12:20 p.m.-12:40 p.m. • Saturday • Ages 3-5yrs

**\$99**

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.



## Kidokinetics Camps

See program details for class/camp location.

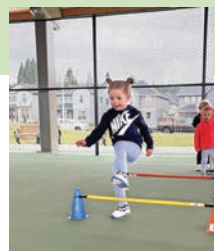
### SPRING BREAK POP-UP

Mar. 25

Monday • 3-5yrs – 1 p.m.-2 p.m.

**FREE**

A fun introduction to sports designed to help kids get moving and build confidence! Our camp features a warm-up, an introduction to several sports/activities, a cool-down, and an age-appropriate anatomy and physiology lesson. \*Pop-up will be held at Pleasant Valley Village Park - 16710 SE Pleasant Valley Pkwy.



### "NOTHING BUT NETS" CAMP

Mar. 26, - Mar. 28, 9:30 a.m.-11:30 am.

Tuesday - Thursday • Ages 5-12yrs

**\$105**

A combination of lacrosse, basketball, hockey, and tennis creates a one-of-a-kind experience that is everything but ordinary. We'll focus on hand-eye coordination, cardiovascular endurance, and of course, the introduction to techniques required to play all four of these incredible sports! \*Camp will be held at Happy Valley Park – 13770 SE Ridgecrest Rd.

### SPORTSPLAY CLINIC

Mar. 14, - Jun. 6, 4 p.m.-4:45 p.m. - Thursday

Mar. 17, - Jun. 9, 4 p.m.-4:45 p.m. - Sunday

Ages 3-12yrs

**\$89**

A fun introduction to sports designed to help kids get moving and build confidence! Sportsplay includes a different sport every week, including - volleyball, football, soccer, lacrosse, frisbee, and more! \*Clinic will be held at Pleasant Valley Village Park - 16710 SE Pleasant Valley Pkwy.

To register for one of these featured programs, be sure to check out [www.happyvalleyor.gov/parks](http://www.happyvalleyor.gov/parks)

# Moving and learning with My Gym

*A children's fitness center, My Gym gives kids a chance to have fun through challenging and captivating activities. Of course, the colorful play equipment may be the focal point of the excitement, but there is so much more to My Gym than meets the eye. In addition to giving children a way to burn energy, it also encourages them to develop physical strength, improve social skills, and increase their confidence. My Gym is ultimately a place where kids can become their best selves as coaches offer support and guidance in an inclusive setting that truly inspires success.*



My Gym owner, Jen Anderson-Vue

Gym owner, Jen Anderson-Vue, initially forged a career in the non-profit world, but stepped away to raise her three children. Recognizing the importance of family, she saw My Gym as a business that could benefit the community. It would offer kids a safe, contained environment for play, while simultaneously encouraging parents to be part of the action and share in their children's development.

My Gym is also one of the original partners to team up with Happy Valley Parks and Recreation. Jen's ability to adapt and flex to the changing demands following the pandemic created an opportunity for her to extend her reach within the community. Her classes currently are offered through Parks and Recreation on a seasonal basis, and there are always opportunities to join a class at her gym. Classes and activities are geared towards youth ages 3 months to 10 years and there are a variety of formats to choose from.

As a Happy Valley Parks and Recreation partner, local businesses have a unique opportunity to showcase their work with the support and encouragement of the City. Recognizing that small businesses are the backbone of the local economy, Parks and Rec staff are excited to find ways to bring the talents of our community members to the forefront and help connect residents to what they do. This kind of partnership not only gives businesses a chance to shine, but it gives access to quality recreational experiences that residents and visitors to the City might not know about. By partnering with entrepreneurs like Jen, Happy Valley Parks and Recreation can easily support local programming, all while encouraging more choices for the community.

What will your child learn? Check out an upcoming My Gym class in this insert and encourage



Often with a booth at community events, My Gym's interactive equipment is always a hit with the kids.

*"The City of Happy Valley works so hard to make our city a fun, safe, family friendly place. I have watched the city grow, add more services and programs, and develop their amazing community events and I have seen the plans and incredible potential it has and am so blessed to be a small part of that."*

*"We have been a part of the community here for 6 years now and I can say what has kept me going through the hard times is hearing what a difference we have made in the lives of so many children and families. Kids who I saw take their first steps, jumps, and cartwheels at the gym are now thriving as elementary and middle school students. Kids who may have had developmental challenges as infants and toddlers are now thriving with confidence at school, sports and so many other activities they choose to do."*

My Gym is a place where families can watch their children grow and thrive. Whether it be at their physical gym location or during a class at Happy Valley Park, Jen knows her business has the ability to allow families to experience some major milestones. She's witnessed children take their first steps at the gym, learn how to jump, and make new friends.

As a local Happy Valley resident, Jen has the privilege of seeing firsthand the impact her work has on the community. She believes that businesses are here not just to make a living, but also foster a community and strengthen connections. She prides herself on getting to know the families she works with and prioritizes giving back whenever possible. You've probably even seen her hosting a variety of community booths at Happy Valley events where her interactive, hands-on games give kids something to take part in.

your child's love of movement and fun. As a bonus, My Gym will also hold their Eggstravaganza event at Happy Valley Park again this year on Saturday, Mar. 23 in partnership with Happy Valley Parks and Recreation.



Ready, set, go! Sign up for My Gym's Eggstravaganza spring themed event.



Burn that energy! My Gym's classes in the Park guarantee little ones stay active.



My Gym's activities and games encourage your child's fine motor skills, coordination, and self-confidence.

## Want to partner with Parks & Recreation?

Interested in teaching a class for Happy Valley Parks and Recreation? Contact our Parks and Recreation Supervisor, Stephani Hern at [stephanih@happyvalleyor.gov](mailto:stephanih@happyvalleyor.gov) today!

We're proud to partner with local businesses and organizations to bolster programming and offer a variety of classes, camps, and activities. Our collaborative efforts help keep your costs down and give you access to some of the best instructors and active programming around. Learn more at [hv.city/program-instructors](http://hv.city/program-instructors)





# TGIF! FIELD TRIP FRIDAYS OFFER ADVENTURE, NEW EXPERIENCES

Happy Valley's Field Trip Fridays takes residents on exciting excursions to various locations around the metro area and beyond. These outings provide a stress-free way for Happy Valley residents to explore new places and experience an array of seasonal events. From snowshoeing to exploring a museum, to even taking a day trip to Willamette Valley Vineyard, residents can embark on journeys without the burden of planning itineraries or making reservations. "We joined our first field trip to Carson Hot Springs Resort and thoroughly enjoyed the experience," says Happy Valley resident, Hanh Nguyen. "Staff were friendly and professional, it was well-organized, and it was a fun group to be with. We will definitely join more trips and would encourage other families to participate, too."

Events include all transportation, making these excursions accessible for individuals and groups of friends who want to sit back, relax, and take in the sights around them. Registration also covers the cost of entrance to the destinations and many of the related activities set to occur. This gives participants more ability to enjoy the day and keep incidentals to a minimum. Sometimes, participants also enjoy special price breaks and included activities at

cost, courtesy of the coordination and planning efforts by the Parks and Recreation Team. This helps keep outings affordable and amenable for just about any budget.

Field Trip Fridays can be educational, socially stimulating, or relaxing. They can even be a little of all three depending on what you desire. That's because many excursions offer participants choices when it comes to different activities available at the destination. Some give you an opportunity to hang back at a cozy mountain lodge, for example, while others let you take a leisurely stroll throughout a festive holiday market. Many Field Trip Friday participants are repeat customers who love exploring new places and getting to know other Happy Valley locals. "There's nothing better than a literal hike in the woods with this diverse group of neighbors and the Happy Valley Parks and Recreation staff," says Roger Hough, a Happy Valley resident. "They make it so much FUN!" Residents Steve and Lori Yeadon, who have gone on several Field Trip Friday adventures over the years, highly recommend others join in on the experience. "From hiking in the Gorge to snowshoeing on Mt. Hood, our trips have always been fun, adventurous, and beautiful!" Between meeting new people, relaxing on the bus or over lunch, and taking in the gorgeous venues, they find the outings well worth it.

The Parks and Recreation team is dedicated to keeping Field Trips fresh and exciting. When planning an excursion, they consider community interests, age demographics, and activities that give a participant the most bang for their buck. Feedback and surveys often help shape destination choices as does taking into account travel time, safety, and cost. Staff's ultimate goal is to create engaging, inclusive experiences

that reflect community preferences and foster recreation, education, and community bonding. Team members, Ashley Degner and Kacy Cullen, coordinate every last detail and lead each event from start to finish. True hosts, they not only ensure participants have a memorable experience, but that everyone feels welcomed and encouraged to try something new.

"I am extremely proud of our Field Trip Friday program," says Ashley. "It's a wonderful way for folks in our community to get out and meet people they may not otherwise cross paths with."

Kacy agrees and adds that she enjoys seeing residents pursue a new opportunity. "It's rewarding to coordinate a new trip each month," she begins, "and watch members of our community learn or experience something new, all while creating lasting memories with one another."



Kacy & Ashley

## What are you waiting for?

A day trip is just a sign-up away with Happy Valley Parks and Recreation.



A hike along Angel's Rest Trail.



A guided tour of the Evergreen Air & Space Museum



Tour participants delve into eerie tales and haunted history of downtown Portland.



Savoring the sights and sips during wine tasting in the Willamette Valley.



An outing to the Portland Holiday Market.



Flowers everywhere during a Spring hike.



Amid snowshoeing Cooper Spur, participants posed for a group photo.

**What's Next?** With each trip carefully curated to offer varied experiences, Happy Valley residents can anticipate new events to be offered every month. This spring, Field Trip Fridays is set to include several outings that bring nature to the forefront. Iconic destinations like the Oregon Coast Aquarium and the enchanting Oregon Gardens promise a unique blend of learning and leisure. For those yearning for a breath of fresh air, a trip in May will entail a hike amongst wildflowers, timed perfectly with blooms in season. Be sure to check out the upcoming Field Trip Friday opportunities in this insert and head to [www.happyvalleyor.gov/parks](http://www.happyvalleyor.gov/parks) to register for your next adventure.

To register for one of these featured programs, be sure to check out [www.happyvalleyor.gov/parks](http://www.happyvalleyor.gov/parks)



# Take a hike! Get out and move with HV Hikers

HV Hikers has been making strides for nearly two decades as the local community hiking group. Its mission is to create a supportive environment for individuals of all fitness levels to come together and experience the City's trails. Their guided hikes, which are free to join, have gained popularity as an excellent way to stay active, make new friends, and appreciate the beauty of Happy Valley.

Participating in a HV Hikers' trek not only provides a chance to explore the various trails and neighborhoods of Happy Valley, but it offers an opportunity to connect with other residents. Whether you're a seasoned hiker or a beginner just venturing out, everyone is welcome to participate. Many a friendship has been formed between members and for those who enjoy having some motivation to get moving, the consistent scheduling of hikes is a sure-fire way to ensure a hiking buddy will provide some encouragement.

Brett Sherman, City Councilor and unofficial hike leader, has appreciated and enjoyed the support of the community. "I never would have guessed back in 2006, when we first started, that almost 18 years later we'd still be adding new members and going out every week." At last count, there are around 400 hikers subscribed to the e-mail reminder list, with another 800+ following the group on Facebook. "I love that putting out a regular schedule and offering exercise rain-or-shine has encouraged so many to get out and explore!"

The group's robust calendar offers a helpful synopsis about each hike's planned event, including difficulty level and any terrain challenges. Since hikes happen frequently, it's easy to find one that suits your interests and physical needs. Many hikes are actually great for all ages and abilities, and there are stroller-friendly, and pup approved hikes, too.

To stay updated on upcoming hikes and HV Hikers related events, be sure to visit their website at [www.hvhikers.com](http://www.hvhikers.com). The website serves as a hub for information and includes just about any detail you could think of as you get ready to head out. Plus, using the group's route maps, you can try a hike on your own anytime you want.

Happy Valley Parks and Recreation is proud to support the efforts of HV Hikers. As a partner in their initiative to promote awareness of Happy Valley's extensive trail system and getting outdoors, we encourage you to be on the lookout for special hikes that pair our groups together. Learn more by visiting [www.happyvalleyor/parks](http://www.happyvalleyor/parks) and following our dedicated Happy Valley Parks and Recreation Facebook page!

## HV Hikers



Experience a variety of hikes with the HV Hikers, a community group that encourages everyone to get out and explore.

## Sports field replacement update at Happy Valley Park

**The Happy Valley Park sports field replacement project is continuing to take shape. The system's irrigation control and pump system are in process of being installed, but making strides in nearing completion. That is the critical connection to our well system and will provide water for the fields without using our domestic water source. Aside from this, residents can expect to see the fields remain fenced as the grass continues to complete its next germination cycle in preparation for use. The project is anticipated to be completed in full later this summer.**



The fields will gradually open for light recreational use this summer, however there will be no leagues or competitive play permitted on the field until at least next fall.

For more information, including who to contact should questions or concerns arise, please visit our dedicated project webpage at [www.happyvalley-or.gov/field-replacements](http://www.happyvalley-or.gov/field-replacements). The City will provide up-

dates on that page should anything change regarding scheduling.

Parks improvement projects, such as this one, are fully funded by the Happy Valley Parks Levy, which is voted on by residents every five years. This critical funding not only helps maintain our beloved recreational amenities but allows for their long-term accessibility by residents and visitors alike.

**This improvement project serves to replace the current fields with new grass and amenities that include:**

- Updates to irrigation and drainage lines
- Fencing and sign modifications
- Infield upgrades to baseball field
- Newly leveled soccer fields and grass

*Your tax dollars at work!*



**CITY OF HAPPY VALLEY  
PARKS & RECREATION**



The Happy Valley Parks and Recreation Foundation works collaboratively with the City's Parks and Recreation Department to help bolster park amenities and vital programming. Check out [hvprf.org](http://hvprf.org) for more information and scholarship opportunities.